

**ABSTRACT OF THE DISCLOSURE**

An armrest assembly includes a lower part defining a lower chamber, and an upper part defining an upper chamber therein. An abutting member is disposed in the upper chamber. A cylinder-and-piston unit includes a cylinder extending into the upper chamber to abut against the abutting member, and a piston mounted securely in the lower chamber and telescopically extending into the cylinder. A locking member includes a spring-biased button projecting from the cylinder, extending through the abutting member and into the upper chamber, and pressible to move between a locked position, in which, the cylinder is locked by the locking member against axial movement relative to the piston, and an unlocked position, in which, the cylinder is axially movable relative to the piston.